

Physical Readiness Program E-GRAM

PFA EDITION

UPDATES AND ANSWERS TO FREQUENTLY ASKED QUESTIONS

5720 Integrity Drive, Millington TN 38055- OPNAV 135F – May 2012

OPGUIDE 8 UPDATE NOTICE!... The guide for managing pregnant and post partum Servicewomen has been updated to capture the true intentions of NAVADMIN 256/08. Post partum Servicewomen are not required to participate in the current Navy PFA cycle. For example: If a member's post partum period ends in Apr, the member is not required to participate in the Cycle 1 PFA (Jan-Jun), but is required to participate in the Cycle 2 PFA (Jul-Dec). Please see OPGUIDE 8 for additional guidance.

Can a member receive a retroactive PRT waiver?... Yes. If a member is injured during the PRT and medical has determined that the injury was not due to lack of preparation on the member's part, the CO has the authority to approve a retroactive PRT waiver.

When are page 13s for PFA failures valid?... Page 13s are only valid when both the CO and the member have signed it. Since the administrative warning is from the CO and not the CFL, the CO must sign it first and then the member and the CFL/ACFL (as a witness). The page 13 should not be validated in NSIPS until all three signatures are obtained.

When is a new check-in not required to complete the PRT?... Upon arrival to the command, the member will be required to complete the entire PFA, if there is no current PFA in PRIMS. The CFL has to ensure that the member has an updated PHA, a completed PARFQ and is medically cleared to participate in the PRT portion. The BCA should not be performed on the member until the CFL is sure the member will obtain medical clearance within 10 days of the BCA. New check-in PFAs can be conducted during the FEP mock PFA and will be counted as official. If medical clearance cannot be obtained prior to the end of the Navy cycle, a BCA must be performed and the PRT will be "excused".

What if a new check-in participated in the BCA at previous command but the PRT portion is blank?... Transferring CFLs are not authorized to conduct only a BCA on departing members. If an entire PFA cannot be conducted, the PFA must be conducted at the new duty station. The only time a CFL is authorized to conduct only a BCA on the member is if the member will be assigned to multiple TAD locations less than 10 weeks in duration and the member will be reporting to their ultimate duty station after the current Navy PFA cycle. In this case, the transferring CFL is authorized to conduct the BCA and annotate "PCS" in PRIMS for the PRT Portion (see OPGUIDE 1 for more guidance).

Tip of the Month!

80/20 rule: If you make healthy food choices 80% of the time, you can eat what you want 20% of the time and still be successful in reaching your nutrition and fitness goals.